

OMEGA  
FITNESS

RECUMBENT BIKE

**CO-BR130**

S E R I E S



**INSTRUCTION BOOK**

W W W . O M E G A F I T S . C O M

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# INTRODUCTION

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Thank you for purchasing the CO-BR130 recumbent exercise bike. Please take time to read these instructions which have been written to ensure that you get the very best from your purchase.

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# SAFETY PRECAUTIONS

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**WARNING: To reduce the risk of serious injury, read the following important precautions before using the recumbent exercise cycle.**

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1. Use the recumbent exercise bike only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the rating plate of the AC adapter.
3. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
4. Use the recumbent exercise bike indoors on a level surface. Keep the recumbent exercise bike away from excessive moisture and dust.
5. The safety level of the recumbent exercise bike can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the recumbent exercise bike.
6. Keep unsupervised children away from the recumbent exercise bike at all times.
7. The recumbent exercise bike should not be used by persons weighing more than 150kgs or 300lbs
8. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewelry that may get caught in moving parts.
9. Do not arch your back when using the recumbent exercise bike, always try to keep your back straight.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The pulse sensor is not a medical device. Several things, including user movement, may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
12. The recumbent exercise bike is intended for home use only.

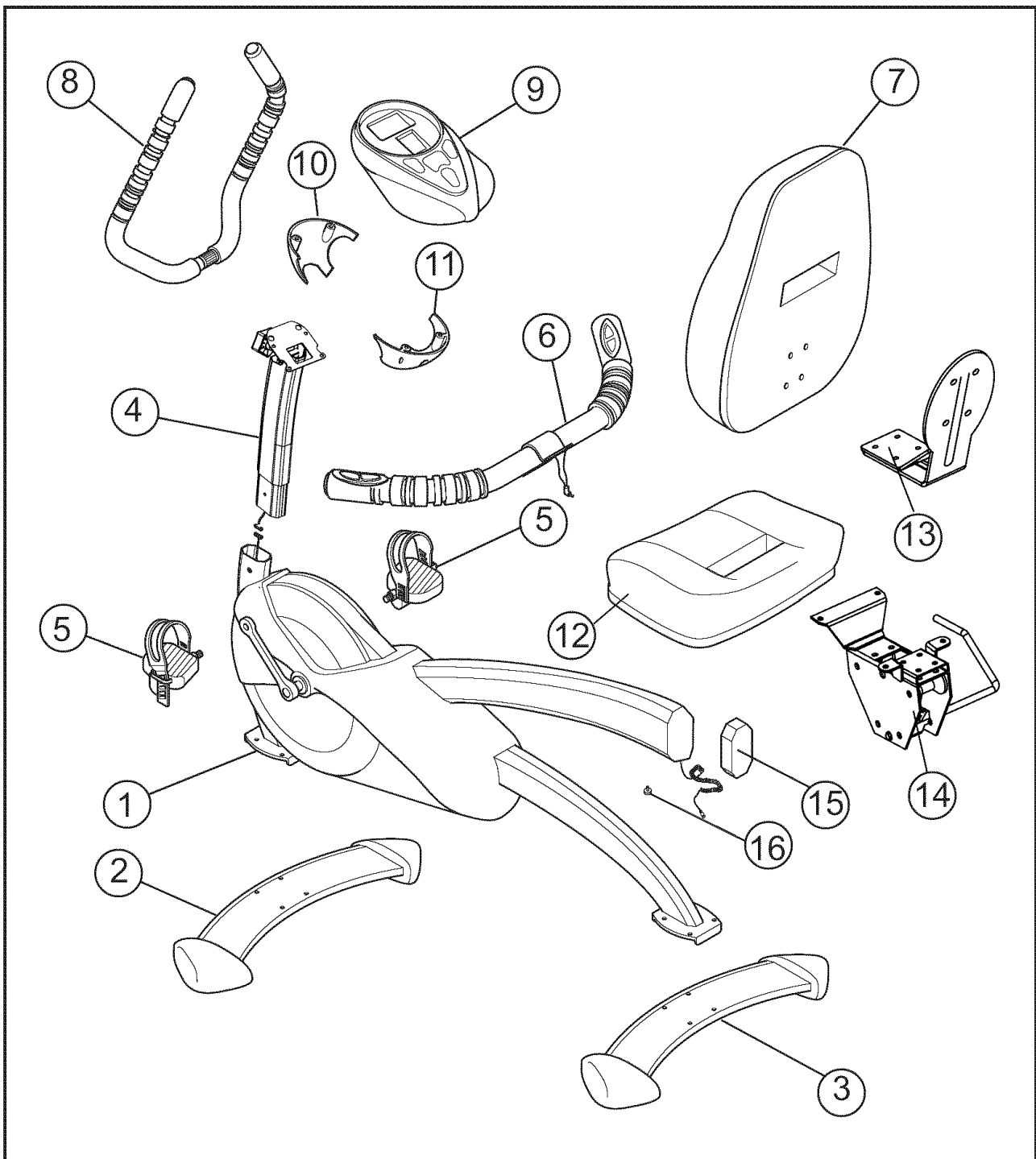
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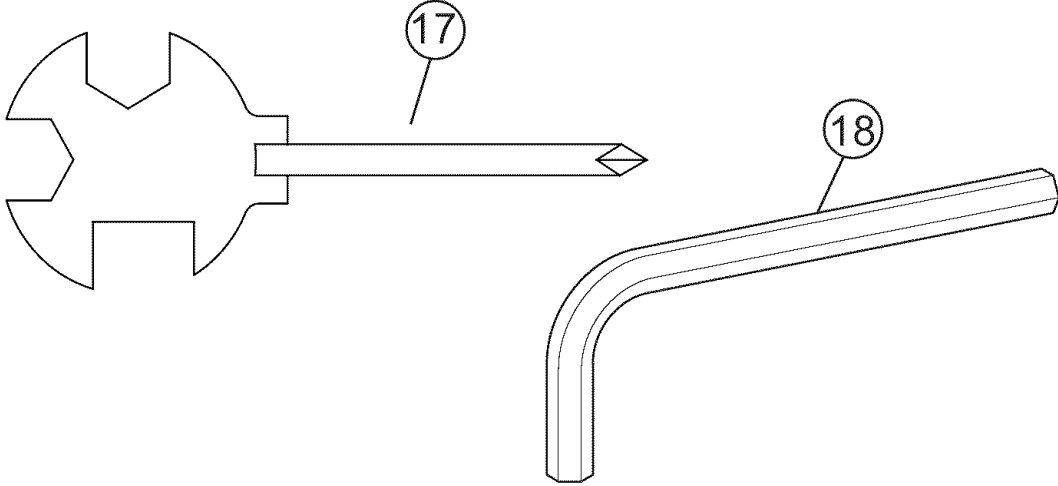
# PARTS LIST



- 1 Main body
- 2 Front support
- 3 Rear support
- 4 Handlebars post
- 5 Pedal with toe strap x 2
- 6 Rear handlebars
- 7 Seat back
- 8 Handlebars

- 9 Console
- 10 Top cover
- 11 Bottom cover
- 12 Seat
- 13 Seat back support
- 14 Seat base
- 15 End Cap
- 16 Safety Stopper

# TOOLS LIST

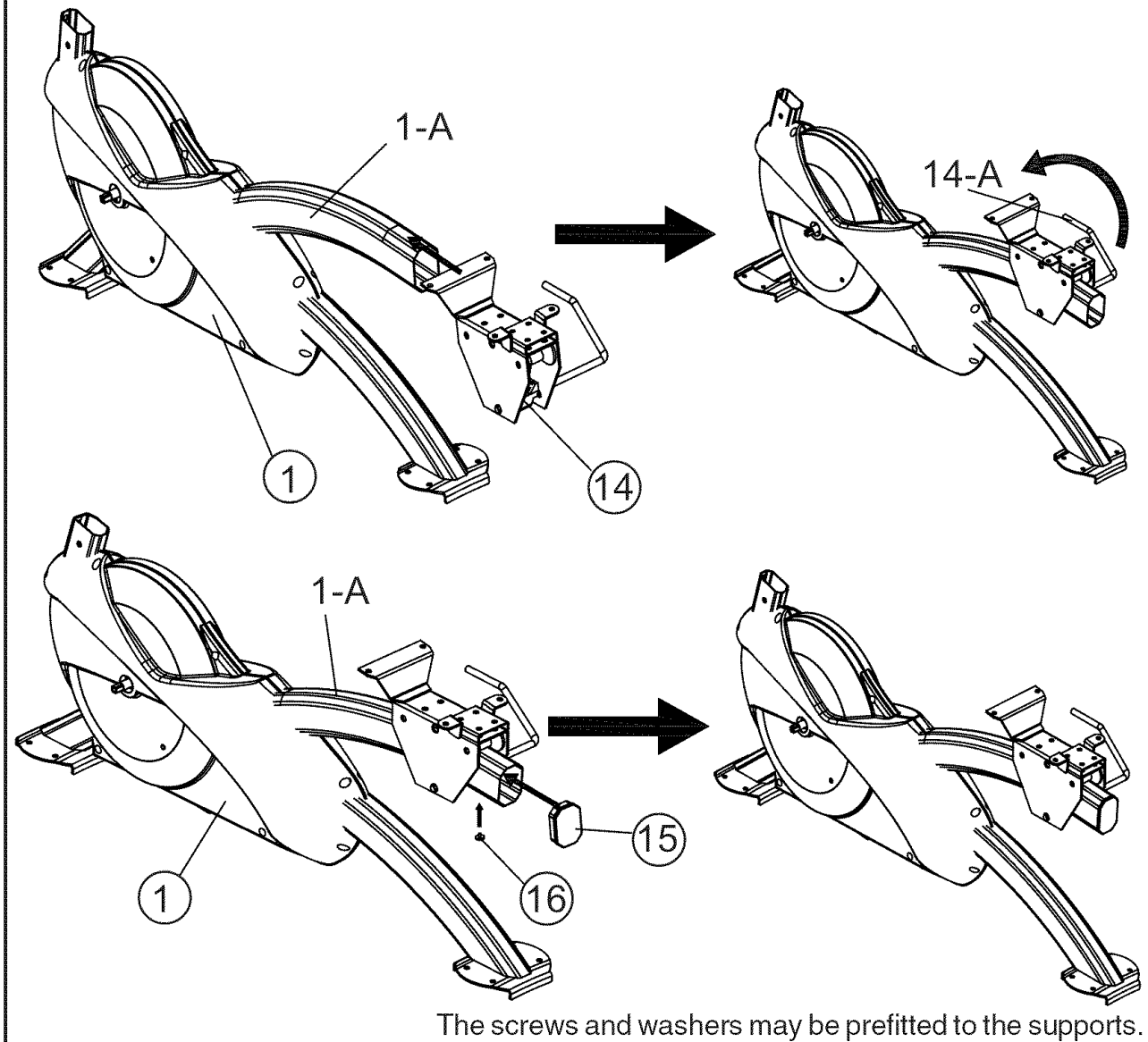
 A line drawing showing two tools. Tool 17 is a multi-tool with a circular head featuring four curved, tooth-like sections and a long, thin handle ending in a diamond-shaped tip. Tool 18 is a hexagonal key with a long handle that is bent at a 90-degree angle. Both tools are labeled with circled numbers 17 and 18 respectively, connected to the tools by thin lines.	
17 Multi tool	
18 Hexagonal key	

# ASSEMBLING

STEP 1 OF 9

## SEAT BASE AND END CAP

FIG 1

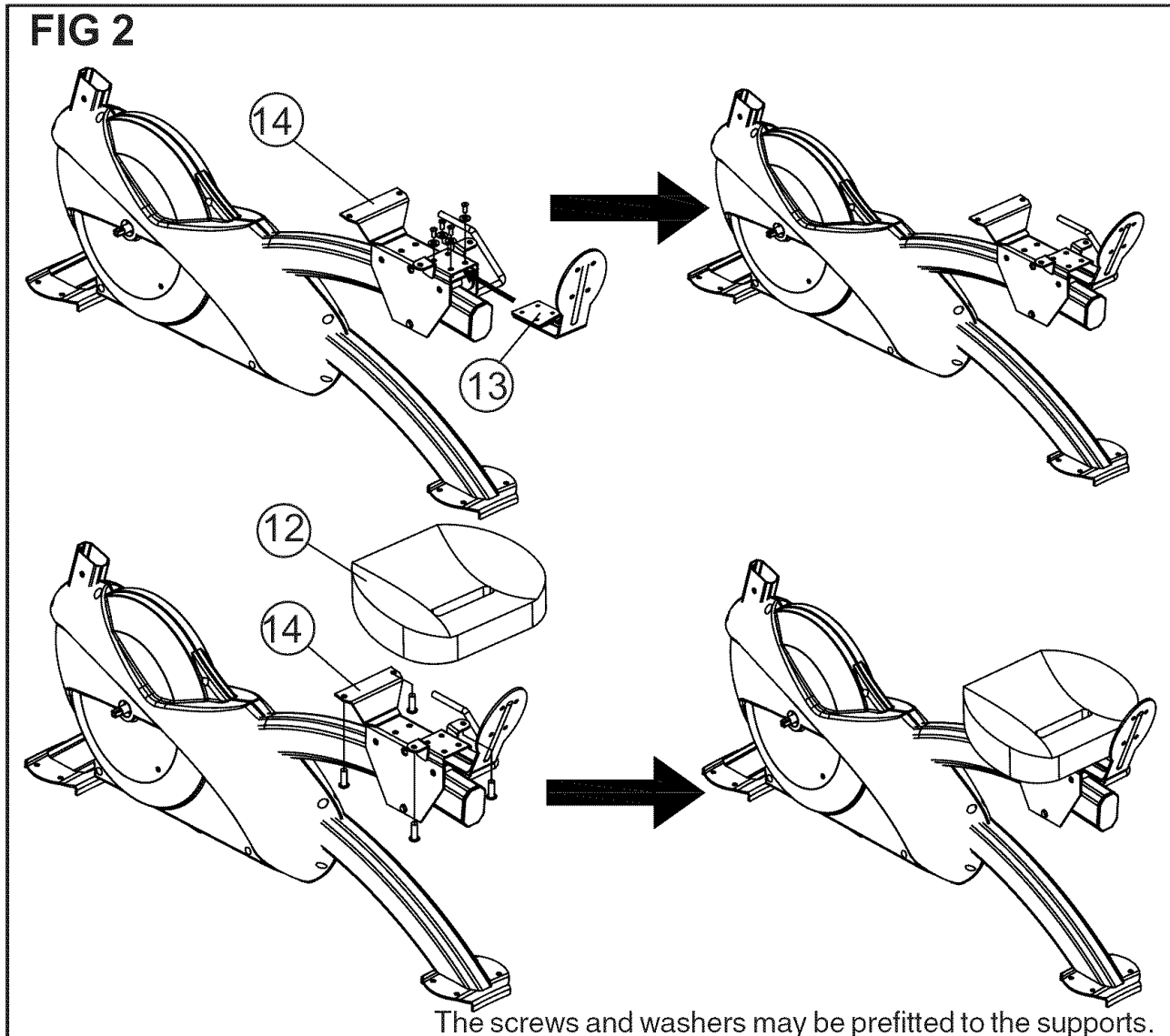


1. Insert the Seat Base (14) into the seat frame(1-A) of main body (1). Press down the handlebar (14-A) to the direction shown to secure the Seat Base (14).
2. Insert the end cap (15), safety stopper (16) onto the seat frame(1-A) of main body(1).

# ASSEMBLING

STEP 2 OF 9

## SEAT BACK SUPPORT AND SEAT

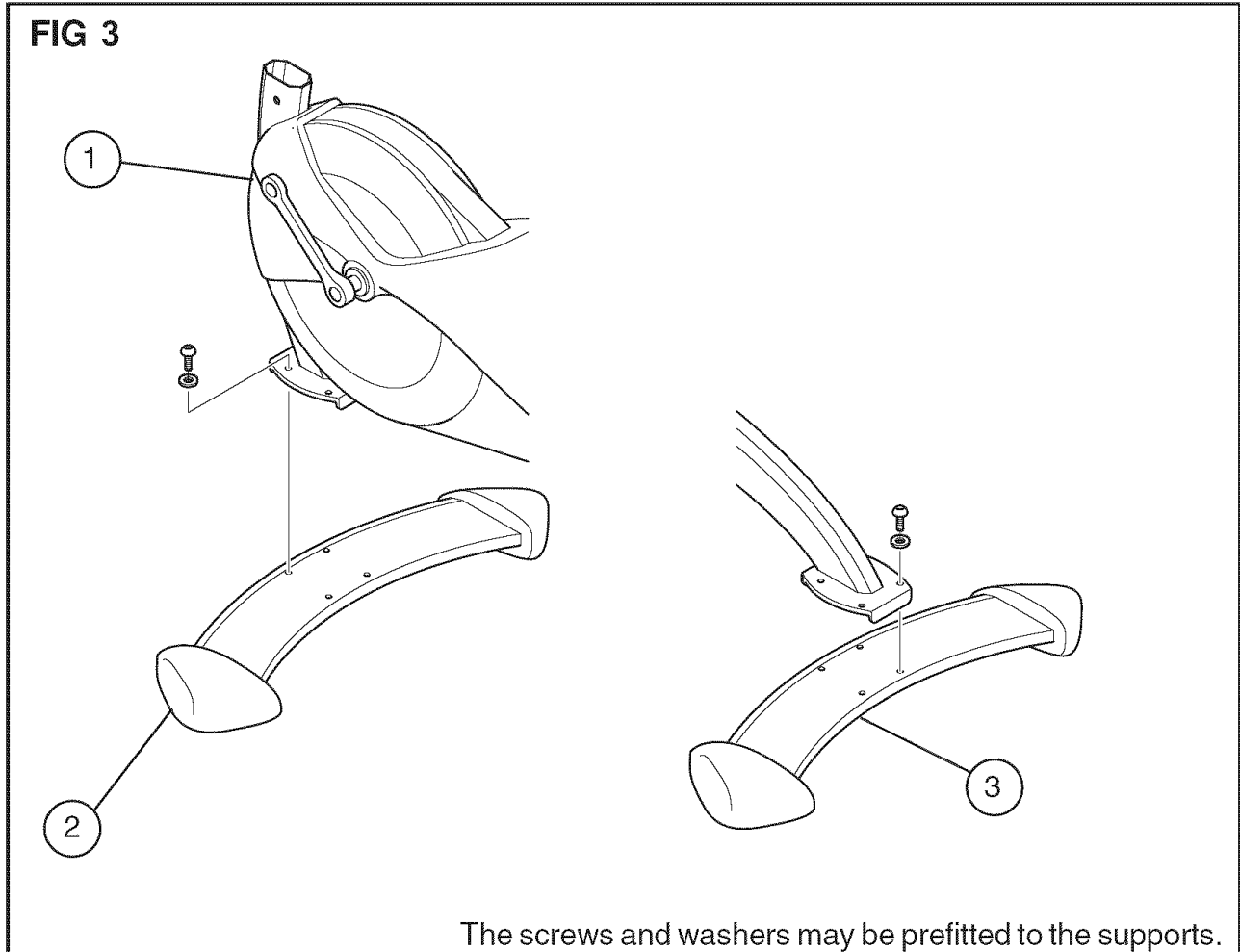


1. Insert the seat back support (13) to the seat base (14). Tighten the screws, using the hexagonal key (18) provided.
2. Tilt the seat (12) onto seat base (14). Tighten the screws, using the hexagonal key (18) provided.

# ASSEMBLING

STEP 3 OF 9

## FRONT AND REAR SUPPORTS



1. Tilt the main body (1) backwards and fit the front support (2) onto the main body (fig 1). The front support faces backwards.
2. Secure with the four screws and washers provided. Tighten the screws using the hexagonal key (18) provided.
3. Repeat steps 1 and 2 for the rear support (3) but, at step 1, tilt the main body forwards.

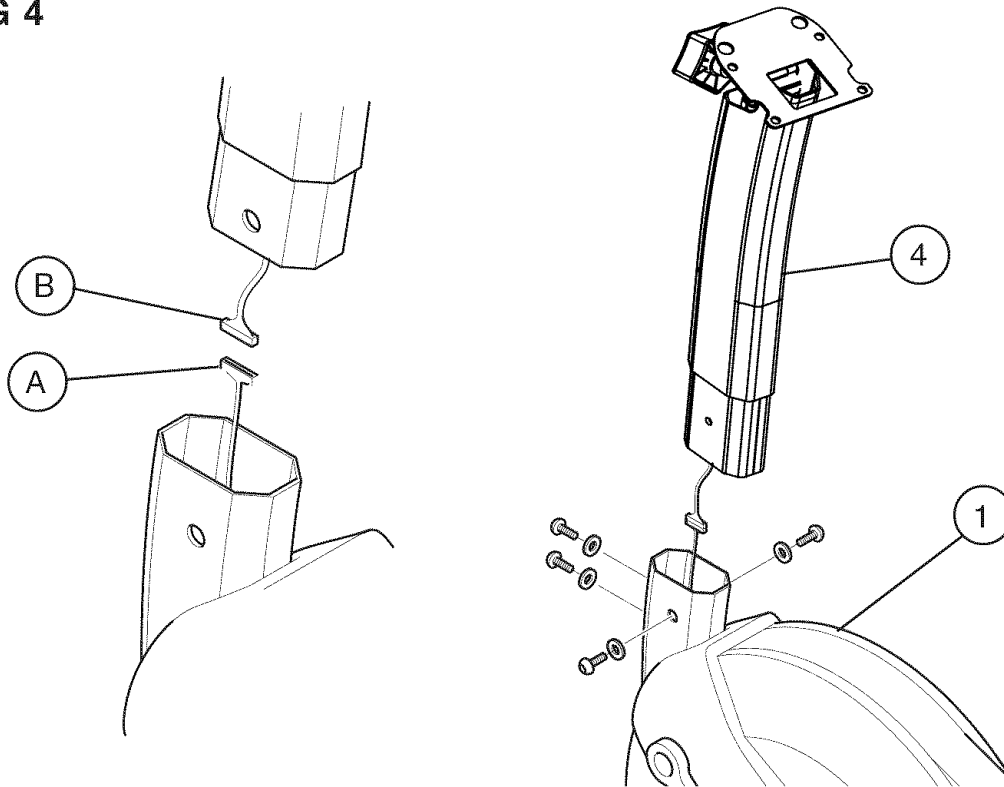


# ASSEMBLING

STEP 4 OF 9

## HANDLEBARS POST

FIG 4



The screws and washers may be prefitted to the handlebars post.

1. Connect the console cables (A) and (B) (fig 2).
2. Insert the handlebars post (4) into the main body (1), and secure in place with the four screws and washers provided. Tighten the screws, using the hexagonal key (18) provided.

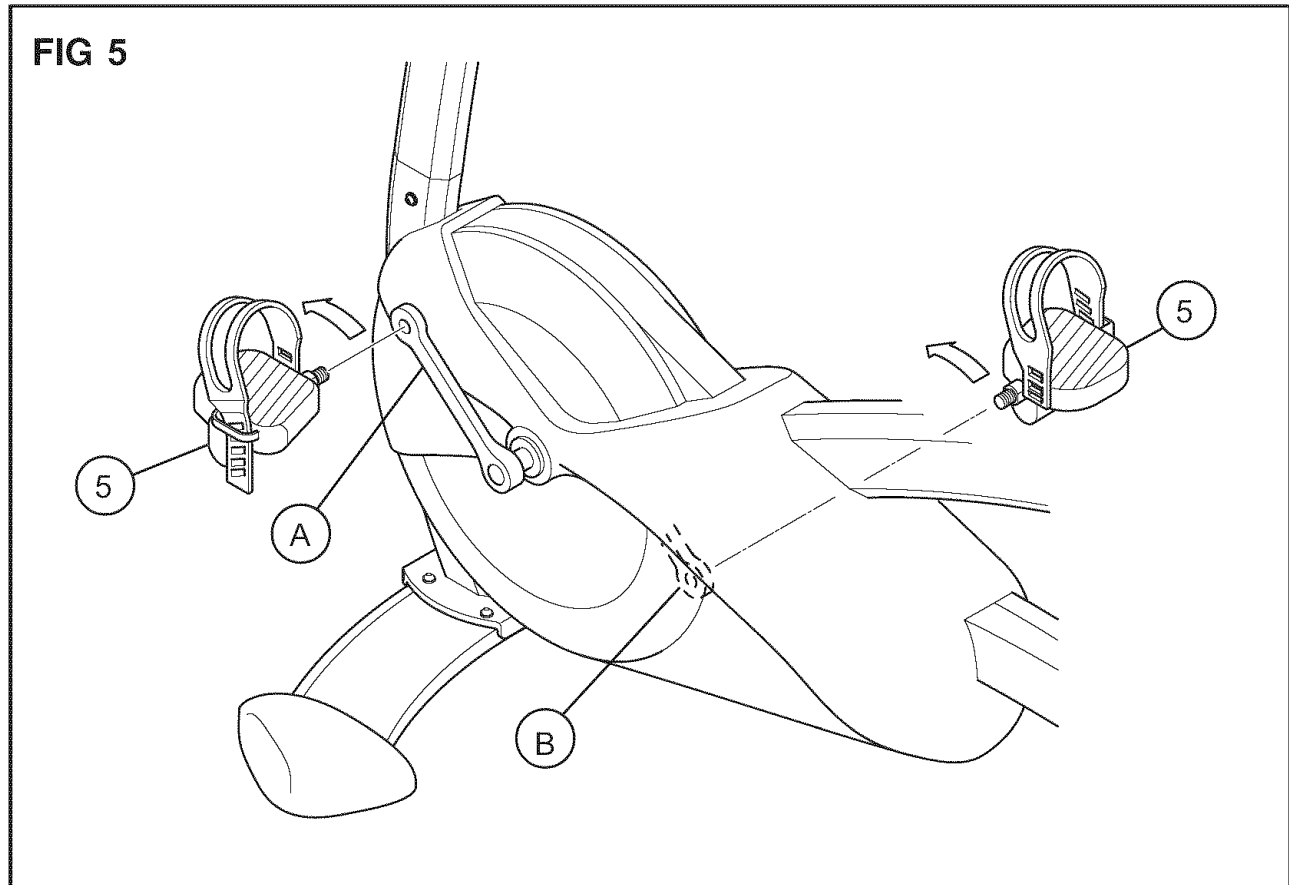
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# ASSEMBLING

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STEP 5 OF 9

## PEDALS



1. Fit the pedal (5) marked L to the crank (A) on the left side of the recumbent exercise bike, and the pedal (5) marked R to the crank (B) on the right side of the recumbent exercise bike, viewed from the rider's seated position (fig 5).
2. Tighten the pedals (5) with the multi tool (17) provided.
3. Fit the toe straps.

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*Note: The left pedal has a left-hand thread, and therefore the multi tool should be turned in an counterclockwise direction to tighten.*

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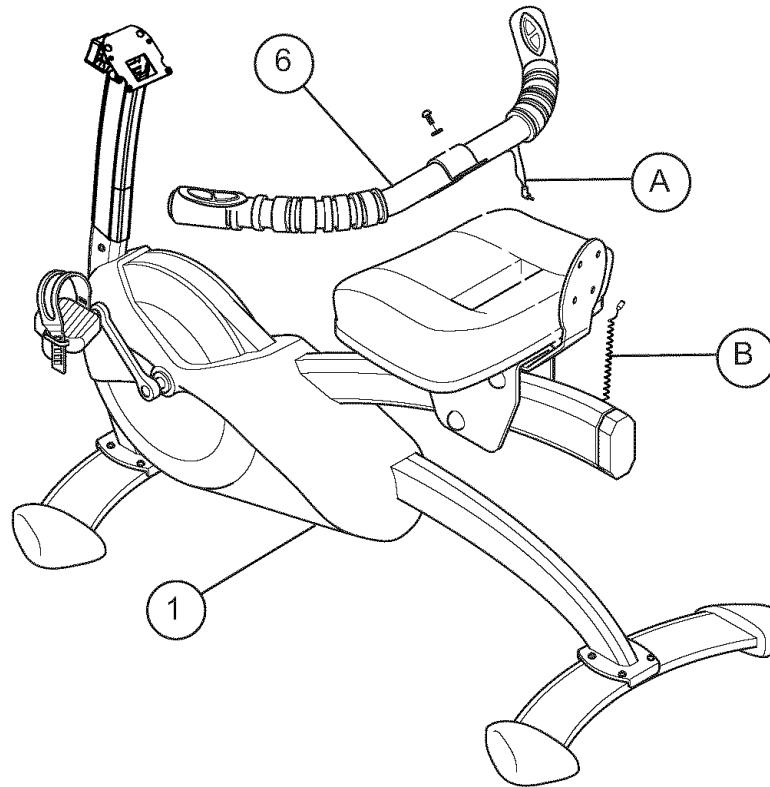
# ASSEMBLING

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STEP 6 OF 9

## REAR HANDLEBARS

FIG 6



The screws and washers may be prefitted to the main body.

1. Fit the rear handlebars (6) to the main body (1), and secure in place with the four screws and washers provided. Tighten the screws using the hexagonal key (18) provided (fig 6).
2. Connect the console cables (A) and (B).

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*Note: Take care not to damage the seat base with the hexagonal key (18).*

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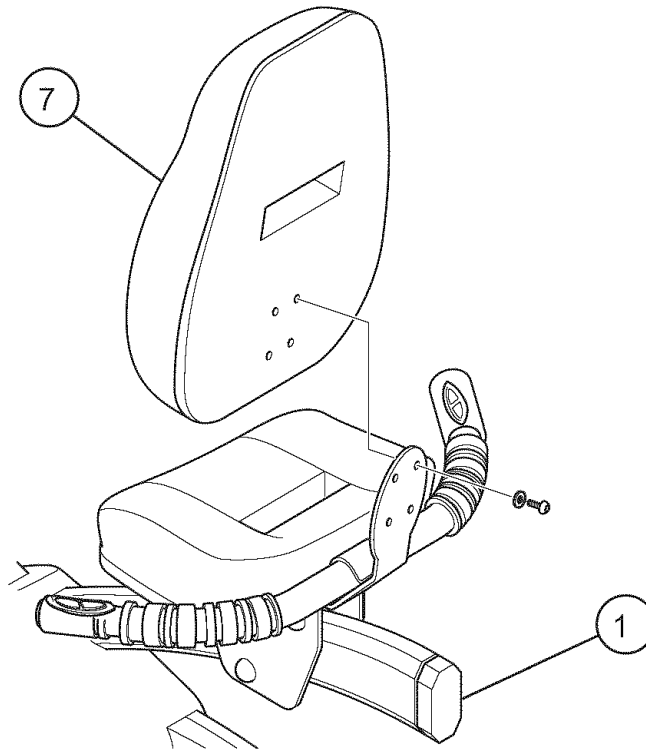
# ASSEMBLING

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STEP 7 OF 9

## SEAT BACK

FIG 7



The screws may be prefitted to the seat back.

1. Position the seat back (7) to the main body (1), and secure in place with the four screws provided. Tighten the screws using the hexagonal key (18) provided (fig 7).

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*Note: The seat position can be adjusted (see page 14)*

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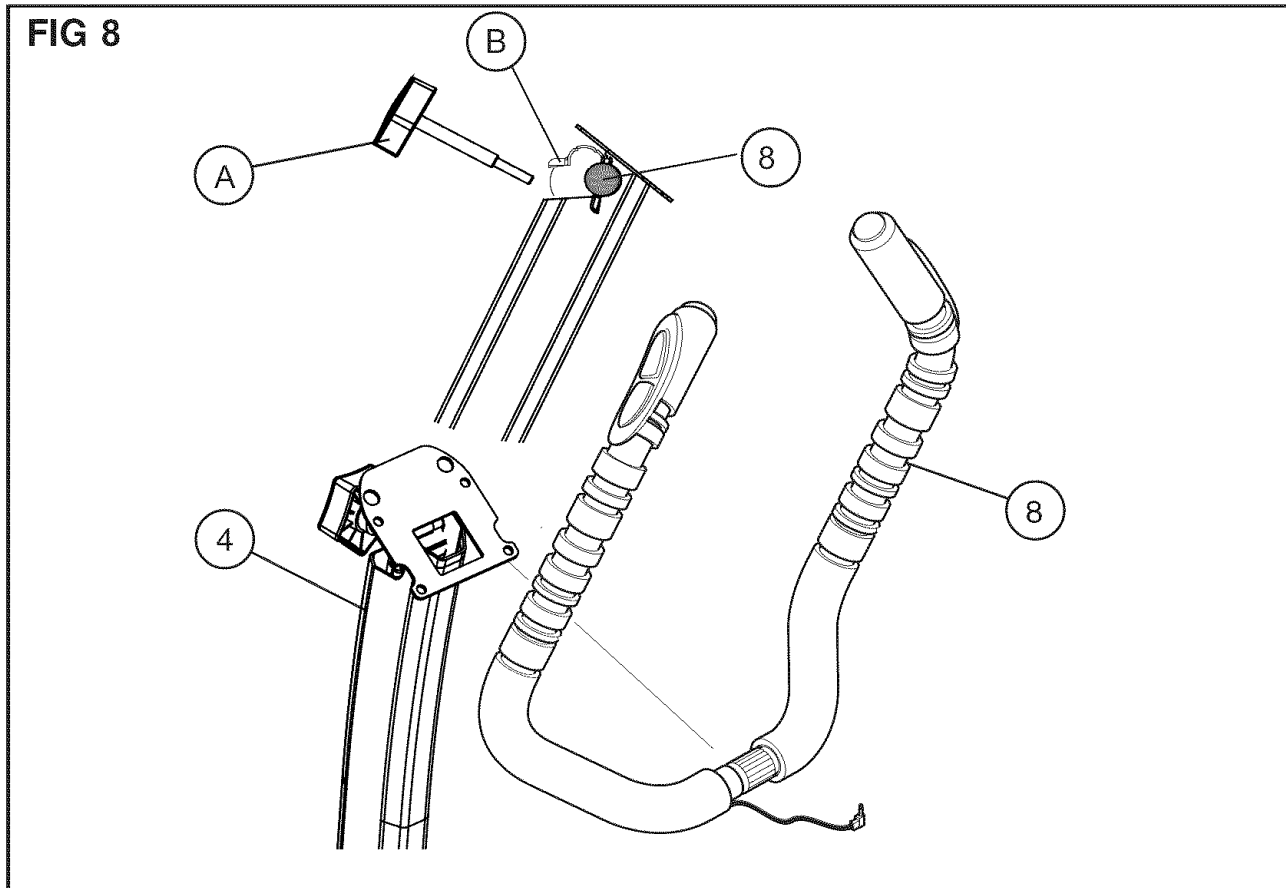
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# ASSEMBLING

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STEP 8 OF 9

## HANDLEBARS



1. Unscrew and remove the handlebars tightening bolt (A).
2. Attach the handlebars (8) to the handlebars post (4) by lifting the clamp (B) upwards. Replace the handlebars tightening bolt (A) and secure the handlebars in position.

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*Note: The handlebars tightening bolt (A) is loosened and tightened by moving the lever counter clockwise and clockwise respectively. To reposition the lever, press against the central button and gently move the lever outwards; release to continue loosening or tightening.*

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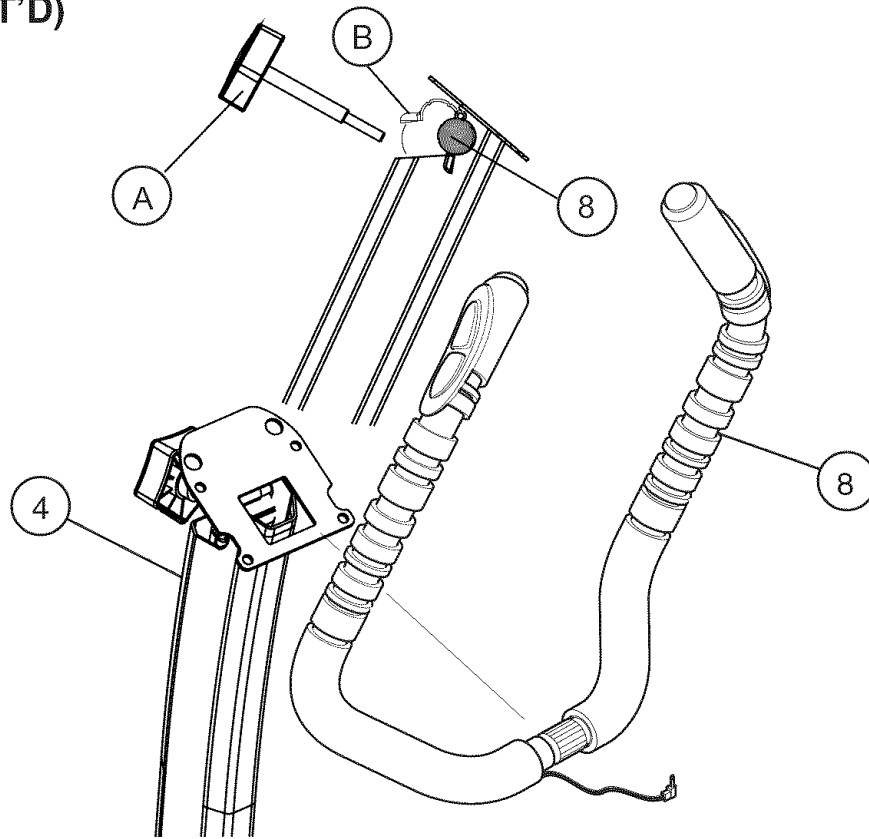
# ASSEMBLING

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STEP 8 OF 9 (CONT'D)

## HANDLEBARS (CONT'D)

FIG 8 (CONT'D)



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*Note: The handlebars (8) and handlebars post clamp (B) have interlocking splines, which allow the handlebars (8) to be repositioned.*

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*Note: Take care to ensure that the console cables or the pulse cables (A) are not trapped between the handlebars post (4) and the handlebars (8).*

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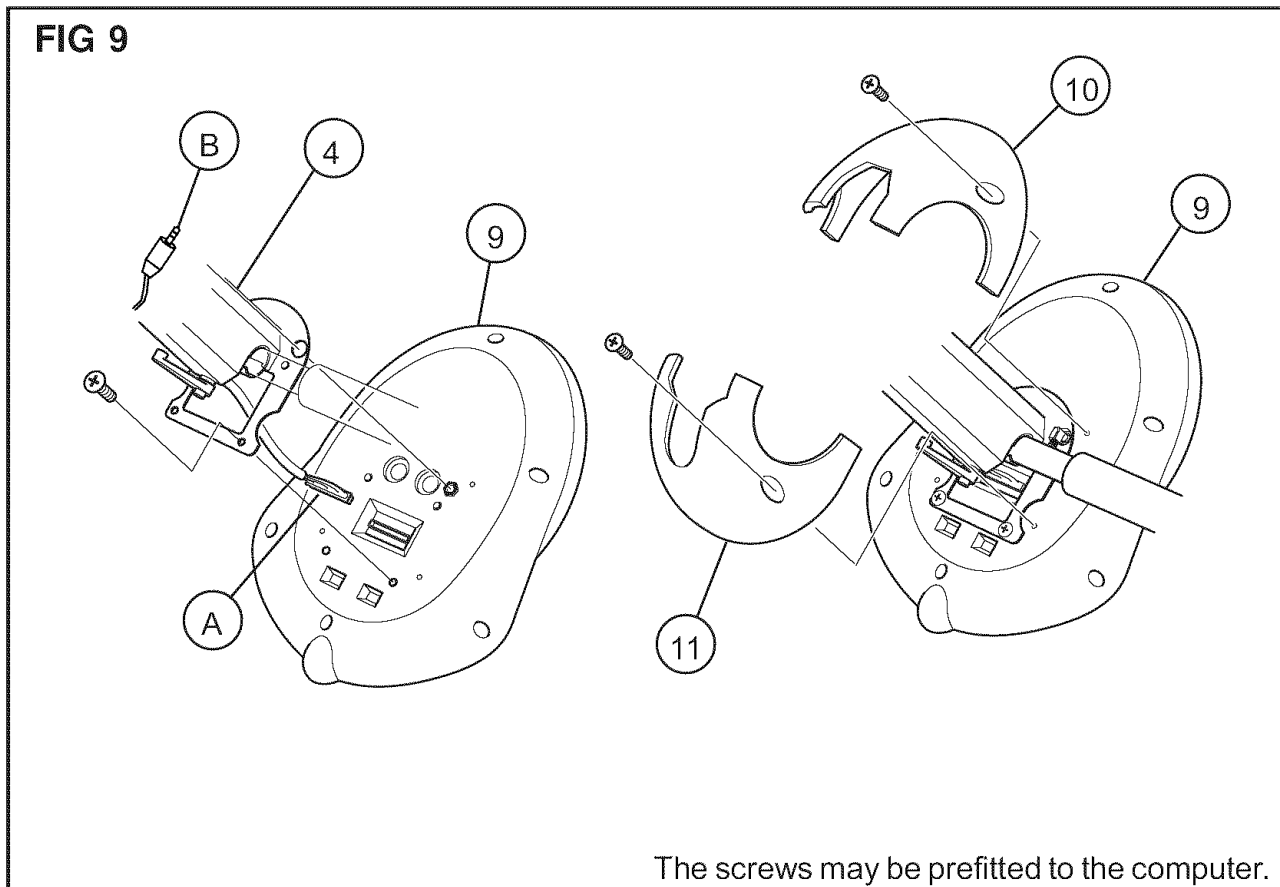
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# ASSEMBLING

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STEP 9 OF 9

## CONSOLE



1. Connect the console cable (A) to the console (9).
2. Position the console (9) carefully onto the bracket on the top of the handlebars post (4) and, using the multi tool (12) provided, secure with the four screws provided.
3. Plug the pulse sensor cable (B) into the console.
4. Fit the top cover (10) to the underside of the console (9), align the holes and, using the multi tool (12) provided, secure using two of the four screws provided.
5. Repeat step 4 for the bottom cover (11).

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*Note : The bottom cover (11) has a larger cutout in order to accommodate the handlebars tightening bolt.*

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# USING THE RECUMBENT BIKE

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## MAKING ADJUSTMENTS

### SEAT POSITION

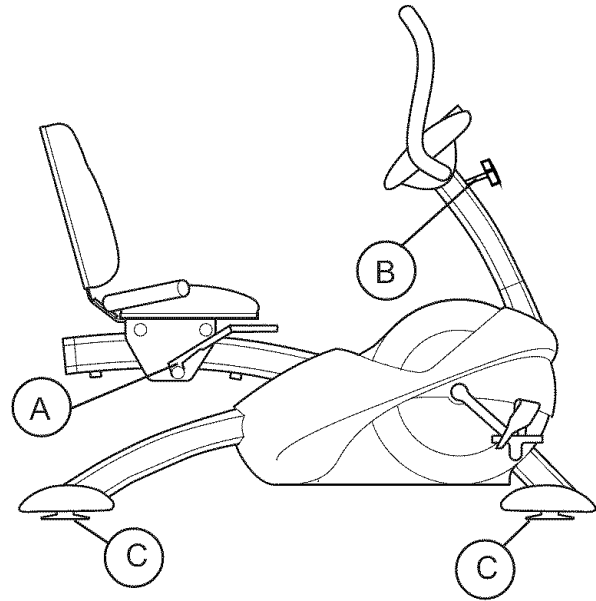
1. There are nine seat positions. To adjust, loosen the seat tightening bolt (A) and move the seat to the desired position. Tighten the seat tightening bolt (A).

### HANDLEBARS POSITION

1. To adjust, loosen the handlebars tightening bolt (B), move the handlebars to the desired position and tighten the handlebars tightening bolt (B).

### LEVEL ADJUSTMENT

1. To level the recumbent exercise bike, screw the adjustable feet (C), on the front and rear supports, in or out accordingly.



### PULSE SENSOR



**The pulse sensor is not a medical device.**

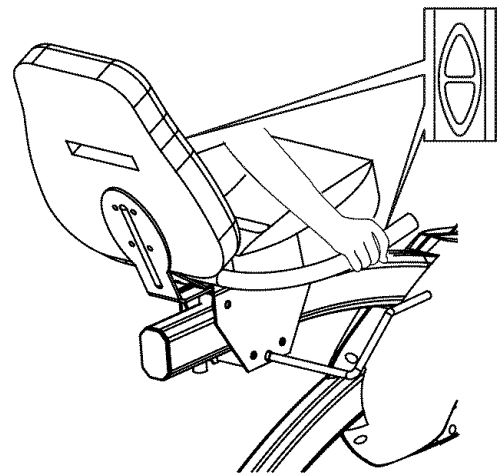
The pulse sensor is intended only as an exercise aid in determining general heart rate trends.

1. Set the computer to Pulse mode (see 'Selecting modes' in the 'Using the computer' section).
2. To start the pulse sensor on the computer, grip the sensors on the handlebars.

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*Note: Several things, including user movement, may affect the accuracy of the sensor.*

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# USING THE RECUMBENT BIKE

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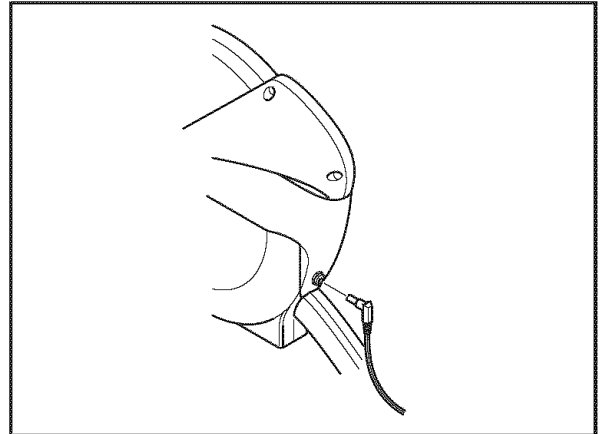
## USING THE CONSOLE

The programmable magnetic bike is equipped with a programmable console to help you reach your fitness goals. The console provides different programs designed to meet your exercise requirements. In addition, the console has a wide variety of modes that enable you to monitor your performance as you exercise.

The computer is powered from the AC supply via a AC adapter.

## AC ADAPTER

Plug the AC Adapter lead into the DC IN jack at the back of the programmable magnetic bike. Connect the 2 pin plug to the AC socket and switch on.



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*If held, the up and down buttons will switch between the MANUAL and PROGRAM modes automatically.*

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## SWITCHING ON

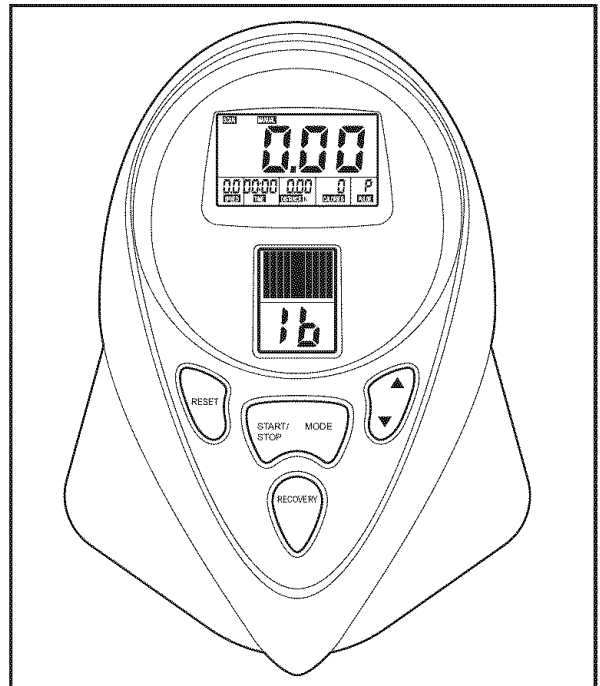
- Switch on the AC supply. The console will emit a BEEP and reset itself.

## SWITCHING OFF

- If the console is not used for several minutes, it switches off automatically and resets all values to zero. Press any button to switch the console back on again.
- To switch the console off, switch off at the AC supply and unplug the adaptor.

## TRAINING WITH NO PRESET FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **START/STOP** button to select **MANUAL** with no preset functions.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. While you are training you can change the resistance level using the **UP/DOWN** buttons.



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# USING THE RECUMBENT BIKE

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- When you start training, the main screen will be set to SCAN mode. To select a particular function use the **MODE** button.
- You can stop training at any time by pressing the **START/STOP** button.
- When you stop training, all the functions (except PULSE) will show the accumulated data from the training session.
- To start a new training program, press the **RESET** button for more than 2 seconds to clear the previous program.

## TRAINING WITH MANUAL PRESET FUNCTION - except watt target

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **UP/DOWN** buttons to select **MANUAL** and then press the **MODE** button to enter the selection.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Press the **UP** button to increase the resistance level and press the **MODE** button to enter. The resistance levels go from 1 (lowest) to 16 (highest).
- The **TIME** on the upper display will be flashing. Press the **UP/DOWN** buttons to set the target time and press the **MODE** button to enter. You can set the Distance, Calories and Pulse, as required, in the same way. Press the **MODE** button to move to the next function.
- To start training, press the **START/STOP** button. The preset functions, except pulse, will either count down from the preset (time) or up from zero (distance and calories).
- During training, pressing the **UP/DOWN** buttons will change the resistance level.
- During training, you can stop at any time by pressing the **START/STOP** button. When a preset target is reached, the console will beep and a flashing **P** will appear in the top left hand corner of the upper display. The display will stop. The manual preset functions will show the accumulated data for the session. The preset function will return to its preset value.
- When the monitor stops, the preset function (except PULSE) will show its count down data, others will show the accumulated training data. If the monitor stop due to target achieved, the monitor will beep and display the function target again.
- You can use the same preset function again by pressing the **START/STOP** button or you can press the **MODE** button to select a function to set a new preset value.

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# USING THE RECUMBENT BIKE

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## TRAINING WITH MANUAL PRESET FUNCTION - with Watt target preset

- If you have preset Watt data, the training resistance level will be adjusted automatically according to the training speed and RPM.
- If you see the symbol ▼ on the monitor, it means your training speed is slow and the resistance level will be increased automatically to maintain the preset watt.
- If you see the symbol ▲ on the monitor, it means the speed is fast and the resistance will be decreased automatically to maintain the preset watt.
- If you see the symbol --- and ▼ on the monitor, it means your current speed is too slow and the resistance has been achieved to the maximum level. The monitor beeps 3 times per second to remind you to increase your training speed. If you maintain the same training speed for 1 minute, the monitor will beep 6 times per second for 30 seconds and stop the system automatically.
- If you see the symbol --- and ▲ on the monitor, it means your current speed is too fast and the resistance has been dropped to the minimum level. Monitor will beep 3 times per second to remind you to decrease your training speed. If you maintain the same training speed for 1 minute, the monitor will beep 6 times per second for 30 seconds and stop the system automatically.

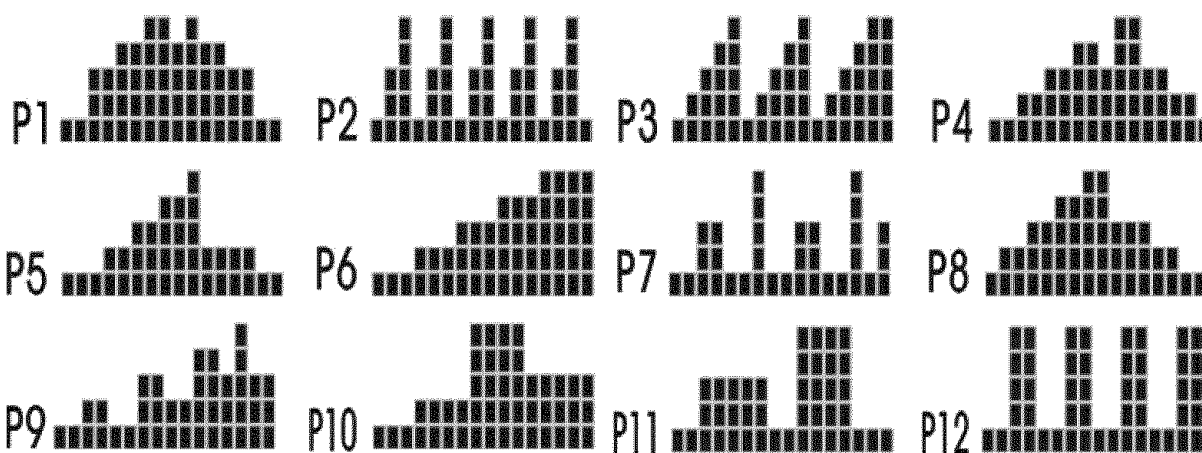
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# USING THE RECUMBENT BIKE

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## TRAINING WITH PROGRAM FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **UP/DOWN** button to select **PROGRAM** and press the **MODE** button to enter.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Press the **UP/DOWN** buttons to select a program profile between 1 and 12.



- Press the **MODE** button again and **TIME** will start flashing on the top display. Press the **UP/DOWN** buttons to set the target time and press the **MODE** button to enter. You can set the Distance, Calories and Pulse, as required, in the same way. Press the **MODE** button to move to the next function.
- To start training, press the **START/STOP** button. The preset functions, except pulse, will either count down from the preset (time) or up from zero (distance and calories).
- During training, pressing the **UP/DOWN** buttons will change the resistance level.
- During training you can stop at any time by pressing the **START/STOP** button. When a preset target is reached the console will beep and a flashing **P** will appear in the top left hand corner of the upper display. The display will stop. The non preset functions will show the accumulated data for the session. The preset function will return to its preset value.
- You can use the same preset function again by pressing the **START/STOP** button or you can press the **MODE** button to select a function to set a new preset value.
- To clear the program, press the **RESET** button for more than 2 seconds and you will return to the initial screen with **MANUAL** and **PROGRAM** flashing.

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# USING THE RECUMBENT BIKE

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## TRAINING IN USER PROFILE MODE

- Press **UP/DOWN** to increase or decrease training level when select User Training mode.
- Press **UP/DOWN/MODE** to preset your own profiles for training. You can stop Profile setting mode by pressing the **MODE** button for more than 2 seconds.
- Press **UP/DOWN/MODE** to set target function data of Time, Distance, Calories, and Pulse. Each function (except PULSE) will start count down when the training starts.
- During training, you may press **UP/DOWN/MODE** to adjust resistance level. Press **START/STOP** to start training with **USER** mode.
- The console will beep to remind you once each function target has count down to zero (except PULSE) and stop at same time.

## TRAINING IN TARGET H.R. MODE

- Press **ST/STOP** to start training with **TARGET H.R.** mode.
- When **TARGET H.R.** training mode is selected, the console will ask you to input your age. Press **UP/DOWN/MODE** to set the age. This data is key point for the proper target heart rate data calculated by the console.
- Press **UP/DOWN/MODE** to select a different percentage of target heart rate figure you would like to achieve for your training. You can select between 55%, 75%, 90%, or you may input manually a target heart rate figure for training.
- When training in **TARGET H.R.** mode, resistance level is not adjustable.
- Resistance level will be adjusted automatically as according to you actual heart rate figure. If your current heart rate figure is under preset, the resistance level will be increased 1 level per 30 seconds up to level 16 to achieve the preset heart rate figure. If your current heart rate figure is exceed preset, the resistance level will be decreased 1 level per 15 second down to level 1. If your heart rate figure is still exceed the preset, the resistance level decreased to level 1 for 30 seconds, the console will beep to remind you and stop at same time.
- Press **UP/DOWN/MODE** to set target function data of Time, Distance, Calories, and Pulse. Each function (except PULSE) will start count down when the training starts.

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# USING THE RECUMBENT BIKE

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## FUNCTION PRESET

- Each function target preset range is as below :
  - TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).
  - DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or mile.
  - CALORIE: Preset area is from 0 to 990, each increment is 10 cal.
  - PULSE: Preset area is form 30 to 240, each increment is 1 Beats Per Minute
  - WATT: Preset range is from 10 watt to 250, each increment is 10 watts.
- The profile unit will switch forward according to different preset :
  - Training with preset Time target :

If you have preset Time,each unit of the profile moves forward to another in per preset time devided by 10
  - Training without preset Time target, without preset Distance target :

If you do not preset Time,each unit of the profile switches forth to another per 0.1 km or mile in counting up mode.
  - Training without preset Time target, with preset Distance target :

If you do not preset Time, but set the target Distance, each unit of the profile switches forth to another per 0.1 km or mile in counting down mode until the target is achieved.

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# USING THE RECUMBENT BIKE

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## SELECTING MODES

The console's mode function enables you to monitor your performance as you exercise and input values for specific exercise parameters.

- Press the **MODE** button to display the following modes. The mode name will flash on the display to indicate that it is the selected mode.
- If not already selected, press the **MODE** button until SCAN appears on the display, to scan the modes automatically as you exercise.

### RPM

- RPM mode displays the flywheel speed.

### SPEED

- Speed mode displays your workout speed.

### TIME

- Time mode displays the elapsed workout time in minutes and seconds. The console automatically counts up from 0:00 to 99:00 in one second intervals. You can set the time to count down from a preset value to zero. Refer to 'Training with program function' for how to enter preset time.

### DISTANCE

- Distance mode displays the cumulative distance traveled during each workout. You can set the distance to count up from zero to a preset distance. Refer to 'Training with program function' for how to enter preset distance.

### CALORIES

- Calories mode displays the estimated number of calories burned at any given time during your workout. The computer counts up in increments of 1.0. After the console reaches 999, it resets to zero and starts counting up again.
- You can set the calories to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset calories.

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# USING THE RECUMBENT BIKE

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## PULSE

- Pulse mode displays your pulse rate in beats per minute during your workout. When you grip the handlebar, cover the pulse sensors (see 'Pulse monitor position' in the 'Using the recumbent bike trainer' section). The pulse rate will be displayed after four stable pulse signals have been detected.
- You can set the pulse to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset pulse rate.

## RECOVERY

- After finishing a training session, grip the handlebar and cover the pulse sensors (see 'Pulse monitor position' in the 'Using the recumbent bike trainer' section). Press the RECOVERY button to start the recovery function. The time will count down for one minute and measure how near your pulse rate is to normal after the one minute. Your recovery index is graded between F1 to F6, F1 is the best, F6 the worst.
- By using the recovery program regularly, you can monitor your fitness. As your fitness improves, your recovery index will come down.

## EXPLAINING PROGRAM PROFILES

- The program profiles illustrate how the work resistance changes during the program. The more black blocks the higher the work resistance.
- If you have a preset time target, each column of the program profile lasts for 1/10 of the total time.
- If you have a preset distance target or no target set, each column of the program profile lasts for 0.1 km.



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# CONDITIONING GUIDELINES

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The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



**WARNING:** Before beginning this or any exercise program, consult with your doctor. This is especially important for people over the age of 35 or those with health problems.

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## WHY EXERCISE?

Exercise has been proven essential for good health and general well being. Regular exercise will :

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

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## TARGET HEART RATE

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	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 -167
25	132 -166
30	130 -164
35	129 -162
40	127 -161
45	125 -159
50	124 -156
55	122 -155
60	121 -153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

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**Note:** This is a guide only and performance will depend on the fitness and condition (health) of the person using the recumbent bike trainer.

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# BEGINNER'S GUIDE

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If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

## WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out see page 23.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

## HOW TO BEGIN

- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

### How hard should you work?

When exercising, you should try to stay within your Target Heart Rate (THR) zone.

The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the elliptical trainer.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

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# STRETCHING GUIDE

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## TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more responsive.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

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# STRETCHING GUIDE

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## CALF STRETCH

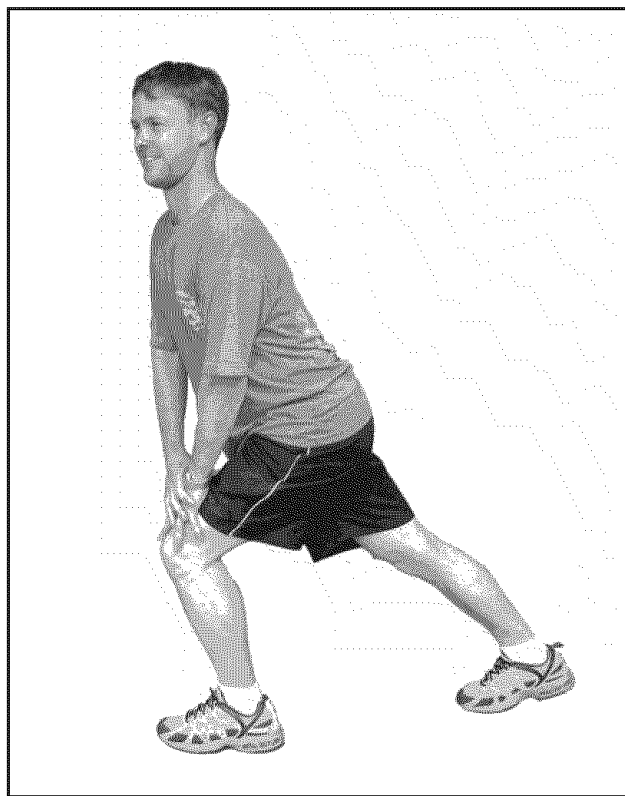
- Stand with one leg in front of the other; both feet facing forwards and the front leg bent (the knee should be above the ankle).
- Press the heel of the back leg into the floor until you begin to feel the calf muscle in the back of the rear leg starting to stretch.

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*Note: Keep your back and rear leg straight when performing this stretch.*

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- Slide the rear leg backwards to increase this stretch if required.



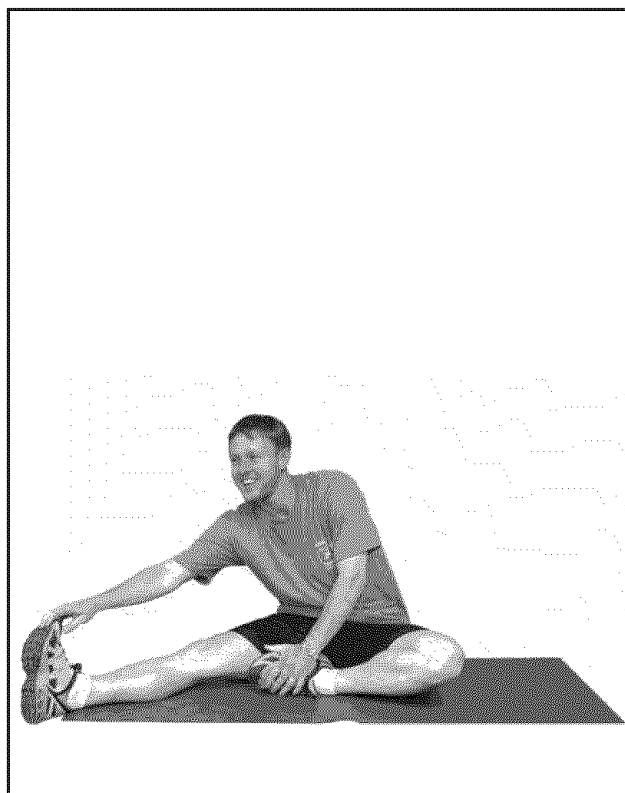
## HAMSTRING STRETCH

- Sit with one leg extended. Bring the other leg towards you and rest the sole of that foot onto the inner thigh of the extended leg.
- Keeping your shoulders square, reach forward towards your toes as far as possible, hold for the required count and then relax.

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*Note: Keep your shoulders square when performing this stretch.*

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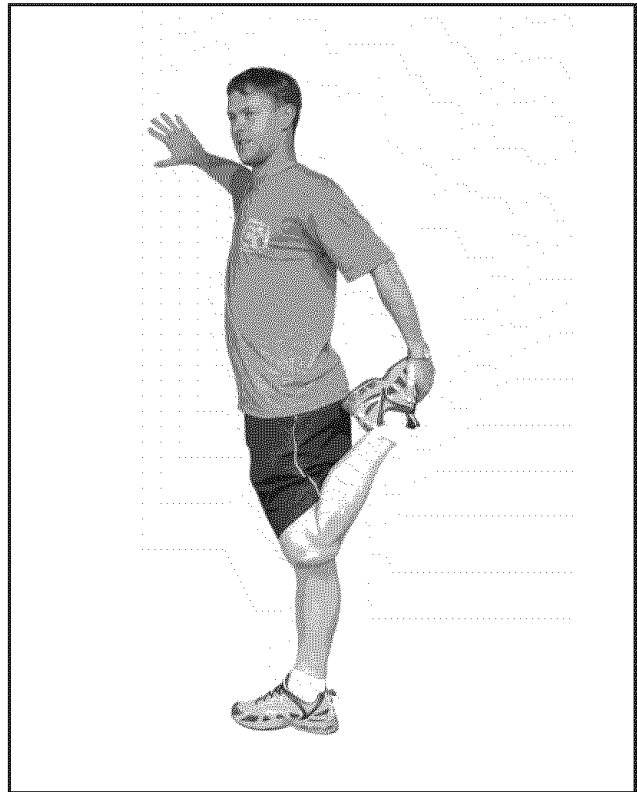
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# STRETCHING GUIDE

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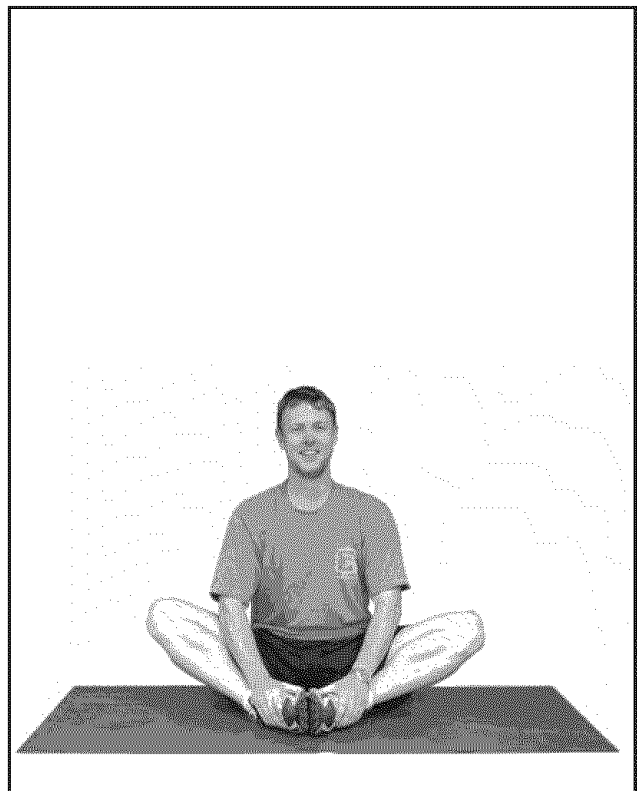
## QUADRICEPS STRETCH

- With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for the required count and then relax.



## INNER THIGH STRETCH

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for the required count and then relax.



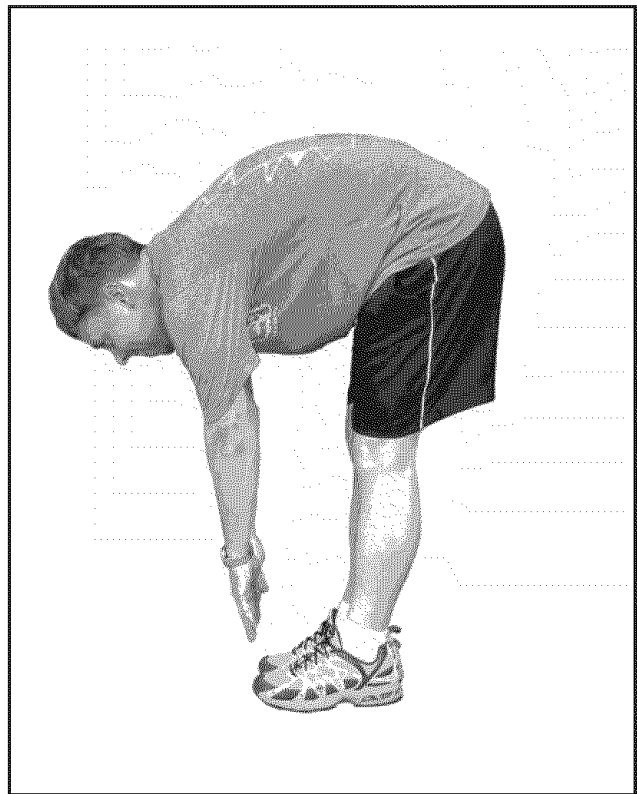
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# STRETCHING GUIDE

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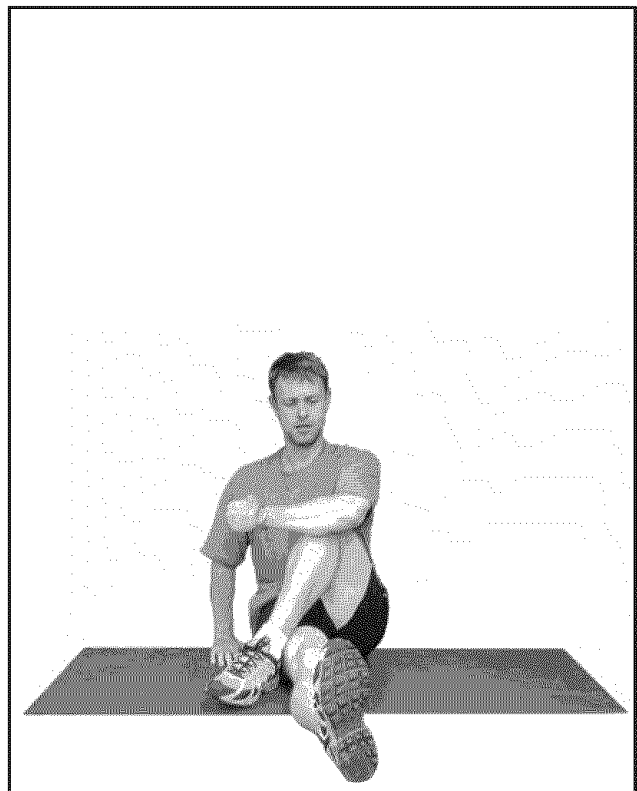
## TOE TOUCH STRETCH

- Stand with your knees bent slightly and slowly bend forward from your hips.
- Allow your back and shoulders to relax as you reach down toward your toes, stretch as far as possible. Hold for the required count, then slowly return to the upright position and relax.



## GLUTES (BUTTOCKS) STRETCH

- Sit up with your right leg stretched outwards, place your left foot over your right leg at the knee joint, placing your foot flat on the floor.
- Use your right arm to pull the bent knee across your body until you begin to feel a stretch in the left buttock. Hold for the required count and then relax.
- Repeat using the opposite arms and legs.



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# STRETCHING GUIDE

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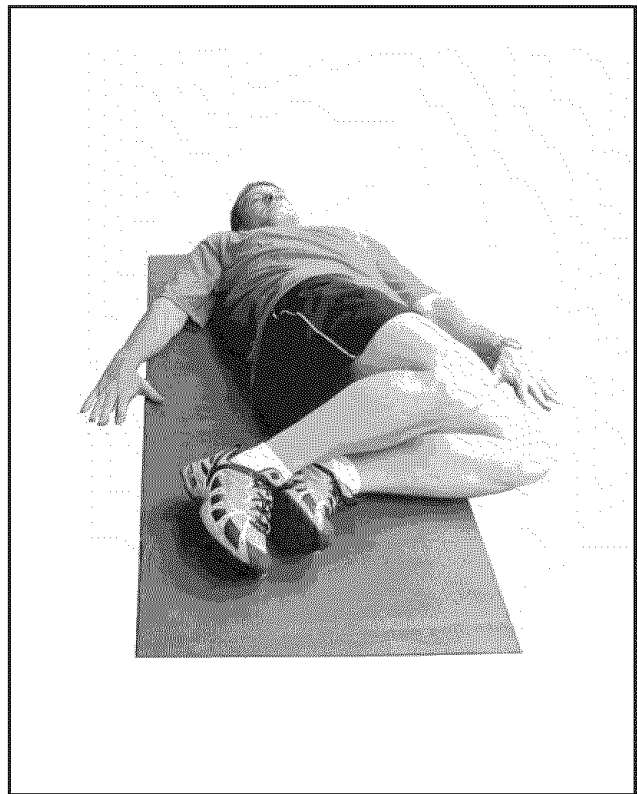
## LOWER BACK

- Lie on your back with your knees bent.
- Keeping your upper back firmly on the floor, allow your knees to fall to one side, your lower back will rotate naturally. Hold for the required count and then relax.
- Repeat on the other side.

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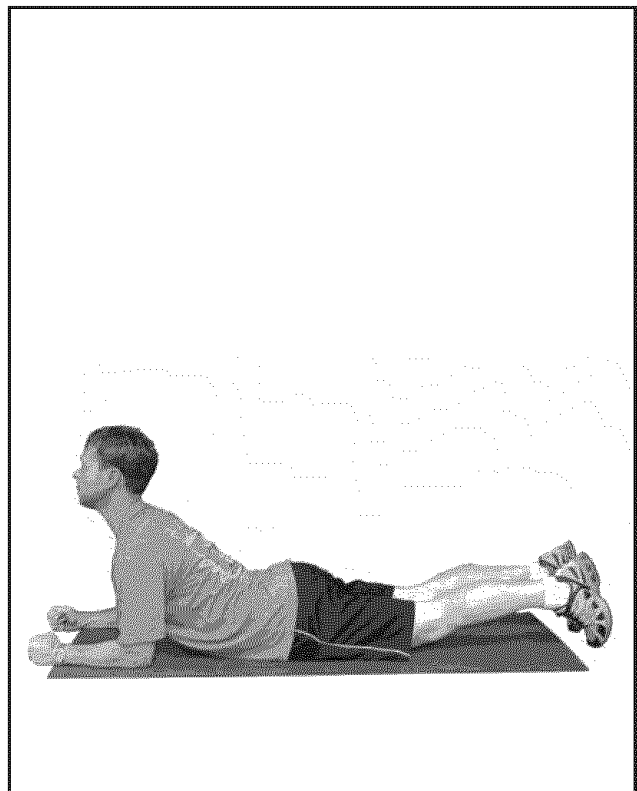
*Note: If any pain is felt avoid this stretch.*

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## UPPER ABDOMINALS STRETCH

- Lie on your stomach with your forearms flat on the floor, palms facing down.
- Try to lift your head upwards while looking forwards at all times, taking the weight onto your forearms and allowing your hips to relax into the floor. Hold for the required count and then relax.



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# STRETCHING GUIDE

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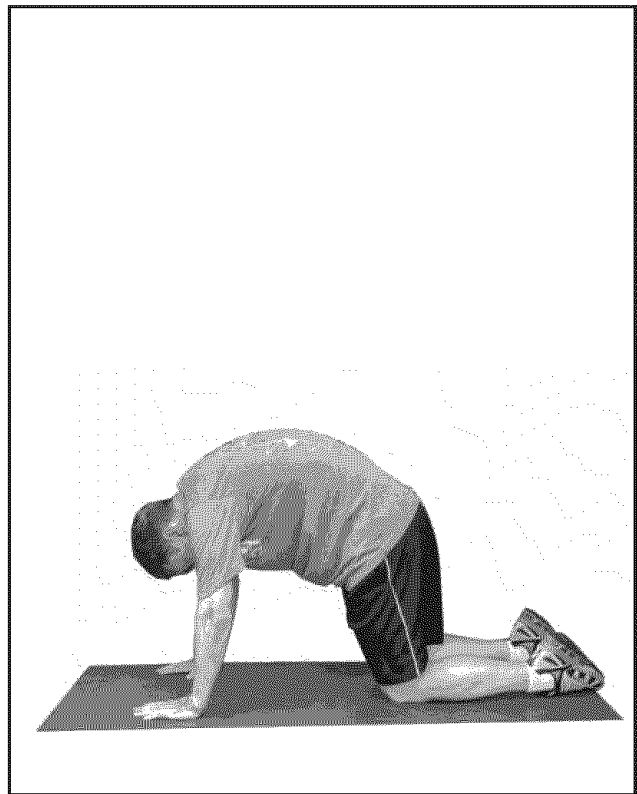
## UPPER BACK

- Start off on all fours looking down towards the floor.
- Push your shoulders as high as possible, imagine a wire placed between your shoulder blades lifting you. Hold for the required count, then relax.

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*Note: This stretch is sometimes called the cat stretch.*

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## CHEST STRETCH

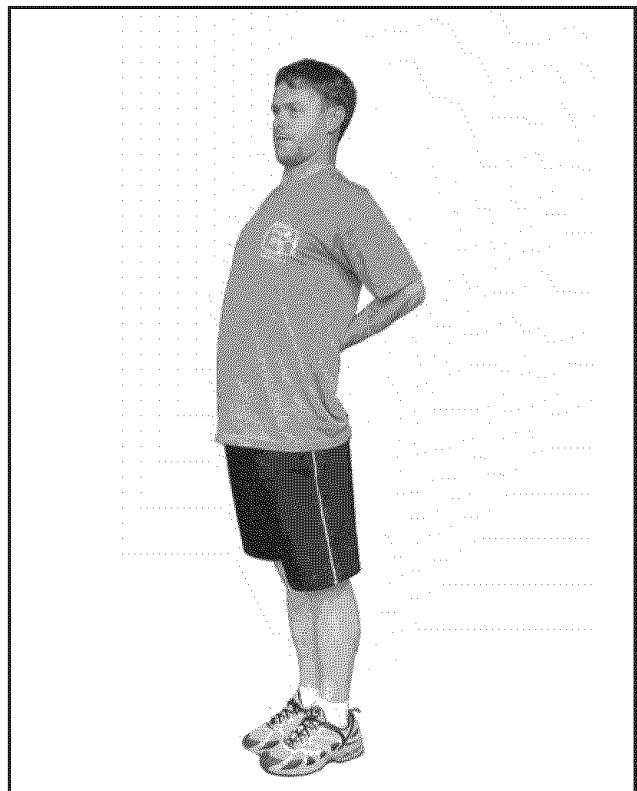
- Stand up and place both hands on the small of your back (just above your backside).
- Keeping your hands where they are, slowly push your elbows together, and push your chest outwards.

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*Note: Keep your elbows as high as possible during this stretch.*

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- Hold for the required count, then relax.





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# STRETCHING GUIDE

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## DELTOIDS SHOULDER STRETCH

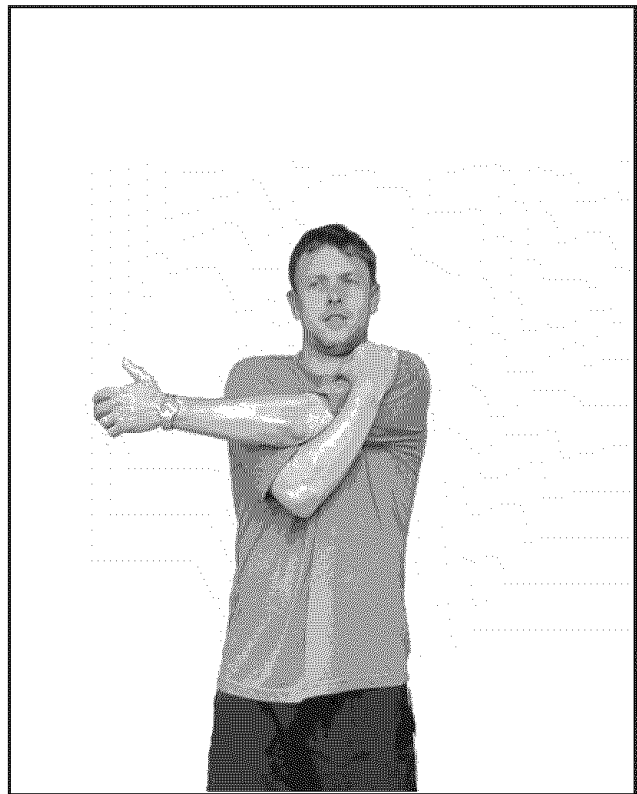
- Stand up and place one arm across the front of the body.
- Use the other arm to push the outstretched arm into your chest.

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*Note: Push at the point just above the elbow.*

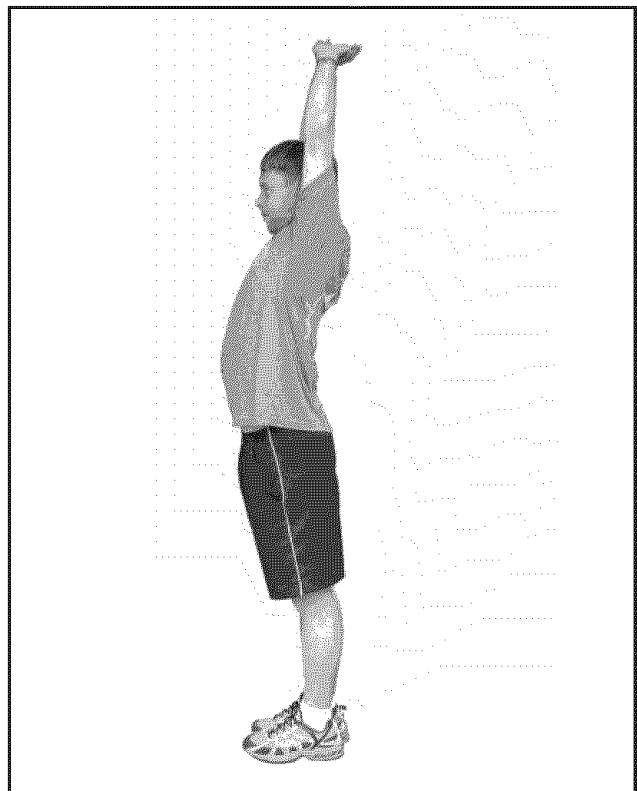
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- Try to keep the arm straight and breathe normally. Hold for the required count and then relax.



## ALL OVER STRETCH

- Stand with your feet shoulder width apart and your knees slightly bent.
- Place your hands above your head with your thumbs touching. Reach up evenly as high as possible, and hold for the required count and then relax.



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# SPECIFICATIONS

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Dimensions (L x W x H)	1400 mm x 650 mm x 1180 mm 56 in x 26 in x 43 in
Net Weight	46kg / 101lb
Class Rating	HB
Maximum User Weight	150kg / 300lb

Please note that the specifications are subject to change without notice.

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